

Indian Health Service
NDTP
1700 Cerrillos Rd.
Santa Fe, NM 87505

DIABETES SUMMER INSTITUTE

Health Professionals and Paraprofessionals



AMERICAN INDIAN and ALASKA NATIVE COMMUNITIES

DIABETES SUMMER INSTITUTE

Health Professionals and Paraprofessionals

JUNE 27 - JULY 1, 2005

Oregon Health & Science University
Portland, Oregon



JULY 25 - 29, 2005

University of New Mexico
Albuquerque, New Mexico



DIABETES SUMMER INSTITUTE

Health Professionals and Paraprofessionals

What is the Summer Institute Training?

The training will include not only the latest research information on diabetes and related chronic diseases, but also how to apply the newest information in your daily practice. Courses will include a clinical update on diabetes treatment and prevention, skill building to promote behavior change, effective teaching strategies for different audiences, information technology and more...

Who Should Apply?

These courses are designed to meet the needs of professionals and paraprofessionals who work in diverse areas of American Indian and Alaska Native health care, from administrators to community health workers, physicians, nurses, registered dietitians, and program managers. Almost anyone who works in Indian health care and wants to take advantage of new skill-building opportunities would benefit from this training. All courses are designed to be hands-on and provide learning in an interactive environment. Skill building through actual practice and demonstration is an important part of each course.

Accommodations

For a list of hotels convenient to the training site, log on to www.ihs.gov/medicalprograms/nutrition or www.ihs.gov/medicalprograms/diabetes

Sponsors

An Academic Partnership between the Indian Health Service Division of Diabetes Treatment and Prevention, Centers for Disease Control and Prevention Native Diabetes Wellness Program, IHS Nutrition and Dietetics Training Program, Native American Diabetes Program University of New Mexico, and the Oregon Health & Science University Department of Public Health & Preventive Medicine Center for Healthy Communities.

Continuing Professional Education

CPE for Nurses and Dietitians is being submitted.

COURSE DESCRIPTIONS & SCHEDULES



A Case Management 9:00 am - 12:00 pm (3 day course)

Course Coordinator: Charlton Wilson, MD
Instructors: TBD
Dates:
Portland: June 27, 28, 29
Albuquerque: July 25, 26, 27

This course is designed to provide an overview of various models of case management and describe how case management is a critical element of successful intervention in patients with diabetes and chronic disease. Translation of the research findings and application to practice will be discussed.

- Objectives:**
1. Describe elements of different models of case management: acute vs. chronic disease mgt; integrated vs. fragmented; situational, etc.
 2. Describe benefits of case management in improving care to patients with diabetes (cost effectiveness, improved self-care practices).
 3. Develop a plan for utilizing/implementing one of the models of case management in their practice setting.

B Skill Building to Promote Behavior Change 1:00 pm - 4:00 pm (4 day course)

Course Coordinator: Joyce Hocker, PhD
Instructors: Darryl Tonemah, PhD and Susan Cameron, PhD
Dates:
Portland: June 27, 28, 29, 30
Albuquerque: July 25, 26, 27, 28

This course is designed to provide an overview of various approaches for promoting behavior change skills in patients with diabetes. This course is designed for the non-mental health provider. Participants will practice different techniques to improve their skill in facilitating behavior change. Topics include: coaching and empowerment, active listening, communication skills, motivational counseling, readiness to change and support group facilitation.

- Objectives:**
1. Describe the theoretical frameworks of various behavior change approaches.
 2. Learn how to assess a client's motivation to change with the purpose of designing effective interventions.
 3. Identify the key components of the various theories of behavior change.
 4. Learn practice strategies to promote behavior change.

C Clinical Update (5 day course)

Course Coordinator: Kelly Moore, MD
Instructors: *Cardiovascular* – Terry Raymer, MD
Kidney – Andrew Narva, MD
Pre-diabetes – Steve Rith-Najarian, MD
Childhood Obesity – Scott Gee, MD
Microvascular – Julien Naylor, MD
Dates & Time:
Portland: June 27, 28, 29 (5:00 – 8:00 pm)
June 30, July 1 (9:00 am – 12 noon)
Albuquerque: July 25, 26, 27 (5:00 – 8:00 pm) July 28, 29 (9:00 – 12 noon)

These courses will provide an update and focus on the latest prevention, treatment and management of chronic complications for patients with diabetes and those at high risk of pre-diabetes and/or metabolic syndrome. Each course will focus on one of the following areas: cardiovascular disease, chronic kidney care, pre-diabetes, childhood obesity and microvascular diseases. Case studies and case management principles will be integrated in the courses.

- Objectives:**
1. Discuss latest clinical guidelines and research regarding treatment and management of CVD in patients with diabetes.
 - Treatment and management of HTN and dyslipidemia
 - Selection of pharmacotherapies and treatment goals
 - Implementing lifestyle modifications guidelines and protocols

COURSE DESCRIPTIONS & SCHEDULES

Clinical Update (continued)

- 2. Discuss latest clinical guidelines and research regarding treatment and management of microvascular disease, including chronic renal failure and eye disease, in patients with diabetes.
 - Improve skill assessing, diagnosing and monitoring kidney function and treating chronic kidney failure
 - Review treatment protocols and options for treatment of diabetic nephropathy
 - Describe risk reduction strategies and ways to improve care for high risk patients
 - Identify the appropriate time for referral and general services that are available for individuals with diabetes and visual impairment
 - Describe common ophthalmic conditions (retinopathy, cataracts, ocular palsies) that occur more commonly in people with diabetes
- 3. Discuss latest clinical guidelines and research regarding treatment and management of pre-diabetes.
 - Identify current guidelines for identifying patients with pre-diabetes
 - Discuss recent research and strategies to treat and manage pre-diabetes
 - Discuss lifestyle changes that can reduce risk of developing pre-diabetes and Type 2 diabetes
- 4. Discuss the latest clinical guidelines and research regarding treatment and management of neuropathies in patients with diabetes.
 - Explain the role of blood glucose control in development and treatment of peripheral neuropathies
 - Identify the clinical manifestation of, and treatment of, peripheral neuropathy
 - Identify the clinical manifestation of, and treatment of, autonomic neuropathies including gastrointestinal, cardiovascular and genitourinary

- 5. Discuss the latest clinical guidelines and research regarding treatment and management of obesity in children and youth.
 - Discuss recent research and strategies to prevent and treat overweight among children and adolescents
 - Define body mass index (BMI), height for age, weight for age, sexual maturity ratings and identify their indications for use in the anthropometric assessment of a child and adolescent
 - Assess and interpret anthropometrics and growth patterns using standardized sex and age appropriate growth and BMI charts
 - Understand current recommendations on how to screen, identify and guidelines for treatment of children and adolescents who are “at risk for overweight” and “overweight”

D

Designing Effective Educational Materials for Patients with Diabetes
9:00 am – 12:00 pm (3 day course)

Course Coordinator:
Leeanna Travis, MS, MA, RD
Instructors: Aracely Rosales, Rosales Communications or Audrey Riffenburgh, MA
Dates:
Portland: June 27, 28, 29
Albuquerque: July 25, 26, 27

This course is designed to provide an overview of designing effective teaching materials. You will learn how to communicate your message effectively to an audience. The skills taught in this course are basic and the design concepts are taught in an easy to understand way. Participants will design/revise an educational tool to meet specific criteria.

- Objectives:**
- 1. Describe methods of assessing the target audiences’ needs.
 - 2. Use a variety of tools to assess literacy levels of print materials.
 - 3. Design/revise an education tool to meet course criteria.

E

Effective Teaching Strategies for Different Audiences
1:00 pm - 4:00 pm (2 day course)

Course Coordinator: Wendy Sandoval, PhD, RD
Instructors: Aracely Rosales, Rosales Communications
Dates:
Portland: June 27, 28
Albuquerque: July 25, 26

This course will provide an overview of different strategies and skills necessary to be an effective teacher. Differences in learning style among adults, children and adolescents will be discussed. Developmentally appropriate teaching strategies for different audiences will be presented. Issues regarding assessing health literacy will be discussed. Participants will develop skills in assessing learners’ needs and identifying individual learning styles. Application of the material to both individual and group education programs will be integrated in the course.

- Objectives:**
- 1. Describe areas to consider when assessing learners’ needs.
 - 2. Describe characteristics of learners at different ages/stages of development including children, adolescents, adults and elderly.

F

Program Evaluation
(4 day course)

Course Coordinator:
Susan Gilliland, PhD, MPH, RN
Instructors: Martin Kileen, MD, MPH and Mark Dignan, PhD
Dates:
Portland: June 29, 30 (1:00 pm – 4:00 pm)
June 30, July 1 (9:00 am– 12:00 noon)
Albuquerque: July 27, 28 (1:00 pm – 4:00 pm)
July 28, 29 (9:00 am – 12:00 noon)

This course will introduce participants to the fundamental principles of program evaluation. The CDC framework for program evaluation in public health will be the basis for the course. Participants will be able to leave the course with an evaluation plan for their program and list of resources in hand.

- Objectives:**
- 1. Define evaluation, purpose of evaluation, and state the importance of evaluation to their setting.
 - 2. Identify challenges to evaluation and strategies to overcome these challenges.
 - 3. List the 6 steps of the evaluation framework.
 - 4. Apply the evaluation framework to their public health program.

G

Basic Information Technology
9:00 am - 12:00 pm (4 day course)

Course Coordinator: Theresa Cullen, MD
Instructors: TBD
Dates:
Portland: June 27, 28, 29, 30
Albuquerque: July 25, 26, 27, 28

H

Advanced Information Technology
1:00 pm - 4:00 pm (4 day course)

Course Coordinator: Theresa Cullen, MD
Instructors: TBD
Dates:
Portland: June 27, 28, 28, 30
Albuquerque: July 25, 26, 27, 28

These courses describe how to use data management and analysis in SDPI programs. Both a basic course and an advanced course will be offered. Topics include: RPMS, Diabetes Management System, Use of Registries, Diabetes Audit management.

SCHEDULE MATRIX

MONDAY Portland 6.27.05 Albuquerque 7.25.05

	ROOM 1	ROOM 2	ROOM 3
9 am - 12 pm	A Case Management: 1	D Designing Effective Educational Materials for Patients with Diabetes: 1	G Basic Information Technology: 1
1 pm - 4 pm	B Skill Building to Promote Behavior Change: 1	E Effective Teaching Strategies for Different Audiences: 1	H Advanced Information Technology: 1
5 pm - 8 pm		C Clinical Course: 1 Cardiovascular	

TUESDAY Portland 6.28.05 Albuquerque 7.26.05

	ROOM 1	ROOM 2	ROOM 3
9 am - 12 pm	A Case Management: 2	D Designing Effective Educational Materials for Patients with Diabetes: 2	G Basic Information Technology: 2
1 pm - 4 pm	B Skill Building to Promote Behavior Change: 2	E Effective Teaching Strategies for Different Audiences: 2	H Advanced Information Technology: 2
5 pm - 8 pm		C Clinical Course: 2 Kidney	

WEDNESDAY Portland 6.29.05 Albuquerque 7.27.05

	ROOM 1	ROOM 2	ROOM 3
9 am - 12 pm	A Case Management: 3	D Designing Effective Educational Materials for Patients with Diabetes: 3	G Basic Information Technology: 3
1 pm - 4 pm	B Skill Building to Promote Behavior Change: 3	F Program Evaluation: 1	H Advanced Information Technology: 3
5 pm - 8 pm		C Clinical Course: 3 Pre-Diabetes	

THURSDAY Portland 6.30.05 Albuquerque 7.28.05

	ROOM 1	ROOM 2	ROOM 3
9 am - 12 pm	C Clinical Course: 4 Childhood Obesity	F Program Evaluation: 2	G Basic Information Technology: 4
1 pm - 4 pm	B Skill Building to Promote Behavior Change: 4	F Program Evaluation: 3	H Advanced Information Technology: 4

FRIDAY Portland 7.1.05 Albuquerque 7.29.05

	ROOM 1	ROOM 2
9 am - 12 pm	C Clinical Course: 5 Microvascular	F Program Evaluation: 4



REGISTRATION FORM: Please complete the front and back of this form

REGISTRATION DEADLINE:

Portland - June 8, 2005 :: Albuquerque - July 6, 2005

Applications will not be accepted after the deadlines.

REGISTER EARLY:

Selections will be first come, first serve due to limited space. If space is filled, your tuition check will be returned.

PLEASE PRINT OR TYPE. USE BLACK INK.

Name: _____

Degree: _____

Title: _____

Organization: _____

Address: _____

City: _____ State/Province: _____

ZIP/Postal Code: _____

Phone: _____ Fax: _____

E-mail: _____

Local tribe(s) that your program serves: *(Please be specific. Do NOT put all US tribes)*

REGISTRATION FEE: \$300

Checks should be made payable to **Indian Health Service**.

Fax registration form to (505) 988-6270 and then mail original form with your check to:

Attn: Darlene Eckleberry, IHS NDTP
1700 Cerrillos Road
Santa Fe, NM 87505

Travel and hotel expenses are the responsibility of the attendee. **DO NOT** make nonrefundable airline reservations until you received confirmation to attend the courses.

For questions: email deckleberry@abq.ihs.gov or call toll-free 1-866-477-6432

REGISTRATION FORM

Name: _____

Which meeting will you attend?

If you would like to attend both meetings, please fill out a separate form for each meeting.

- ☐ JUNE 27 - JULY 1, 2005 Portland, Oregon
- ☐ JULY 25 - 29, 2005 Albuquerque, New Mexico

REGISTRATION FEE: \$300

Each attendee is allowed to sign-up for one to three courses. **All courses EXCEPT for the Clinical Courses (C) are a series. To receive a certificate of completion for all the other courses, you must attend ALL sessions.**

Please circle the courses that you would like to attend.

- A Case Management**
9:00 am - 12:00 pm (3 day course)
- B Skill Building to Promote Behavior Change**
1:00 pm - 4:00 pm (4 day course)
- C Clinical Update** (5 day course)
☐ 1. Cardiovascular (Mon. 5-8 pm)
☐ 2. Kidney (Tues. 5-8 pm)
☐ 3. Pre-Diabetes (Wed. 5-8 pm)
☐ 4. Childhood Obesity (Thurs. 9 am-12 pm)
☐ 5. Microvascular (Fri. 9 am-12 pm)
- D Designing Effective Educational Materials for Patients with Diabetes**
9:00 am - 12:00 pm (3 day course)
- E Effective Teaching Strategies for Different Audiences**
1:00 pm - 4:00 pm (2 day course)
- F Program Evaluation** (4 day course)
1. Wed. (1-4 pm) 2. Thurs. (9 am-12 pm) 3. Thurs. (1-4 pm) 4. Fri. (9 am-12 pm)
- G Basic Information Technology**
9:00 am - 12:00 pm (4 day course)
- H Advanced Information Technology**
1:00 pm - 4:00 pm (4 day course)